

THE CALL

Quarterly Newsletter



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“Does Anyone Know CPR?”

by Jill Way

As a recent commuter flight from Springfield, MO to Houston, Texas, taxis its way across George Bush Intercontinental Airport to its designated gate, the plane's passengers fall silent as a medical emergency unfolds.

A husband can't wake up his wife in the seat next to him.

Without hesitation, Polk County resident Bobbie Manning answers the ominous question after a doctor moves the woman in her 70s from her seat to the narrow aisle between seats.

“Yeah, I do.”

As she jumps out of her seat just a few rows back, the doctor says, “OK, let's

Manning and her husband, Mike, retired from their law enforcement jobs in Las Vegas and moved to Polk County over eight years ago.

Two years ago, some friends encouraged the couple to join Polk County's Community Emergency Response Team (CERT).

“We were just looking for something we could do in the community,” she says. “There's a definite need for CERT. I wish more people were involved.”

The couple took advantage of training offered through CERT in the spring by joining a CPR/AED class.

“It had been a while since my husband and I had been certified,” Manning says. “We thought this was something good to know because we have a boat and go out on the lake.”

They also brought along to the training, their 12-year-old daughter, Madison.

“In the event something happens, you really do need to have two people,” Manning says. “She did really well on the training. Now she has an idea so she can step up and help.”

This goes to show just how important programs like CERT and the Medical Reserve Corps (MRC) are for the community.

Online Training Opportunities

Interested in some additional training? Want something to do when you can't sleep? Want to learn more without having to sit in a classroom? Consider checking out these training websites to get your learning on!

You will need to register to get access, but it's free. Almost all classes you see are free to attend or take online. All you have to provide is your time! **HAPPY LEARNING!**

SEMA: <https://www.sematraining.com/>

MRC TRAIN: <https://www.mrc.train.org/DesktopShell.aspx>

FEMA: <https://training.fema.gov/>



Why Volunteer?

While volunteering offers vital help to people in need, worthwhile causes, and the community, there are also benefits for the volunteer. Volunteering and helping others can help reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day.

Here are just four of the many ways volunteering can be beneficial not just for those you are serving, but for you as the volunteer:

1. **Volunteering Connects you to others.**

One of the best ways to make new friends and strengthen existing relationships is to commit to a shared activity together. Volunteering is a great way to meet new people, especially if you are new to an area. It strengthens your ties to the community and broadens your support network, exposing you to people with common interests, neighborhood resources, and fun and fulfilling activities.

2. **Volunteering is good for your mind and body.**

You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a positive view of your life and future goals. Studies have found that those who volunteer have a lower mortality rate than those who do not. Older volunteers tend to walk more, find it easier to cope with everyday tasks, are less likely to develop high blood pressure, and have better thinking skills. Volunteering can also lessen symptoms of chronic pain and reduce the risk of heart disease.

3. **Volunteering can advance your career.**

If you're considering a new career, volunteering can help you get experience in your area of interest and meet people in the field. Even if you're not planning on changing careers, volunteering gives you the opportunity to practice important skills used in the workplace, such as teamwork, communication, problem solving, project planning, task management, and organization. You might feel more comfortable stretching your wings at work once you've honed these skills in a volunteer position first.

4. **Volunteering brings fun and fulfillment to your life.**

Volunteering is a fun and easy way to explore your interests and passions. Doing volunteer work you find meaningful and interesting can be a relaxing, energizing escape from your day-to-day routine of work, school, or family commitments. Volunteering also provides you with renewed creativity, motivation, and vision that can carry over into your personal and professional life.

What's in Your Kit Winner Announced

Congratulations to Bill Wallace, who is the winner of the "What's in Your Kit?" challenge! We had several of you send in pictures of the items in your emergency preparedness kit, and Bill was chosen as the random winner. He will receive a \$25 Amazon gift card.

The following items are in Bill's preparedness kit:

Jumper cables, blanket, space blanket, bivvy sack, fire extinguisher (kept under the front seat), wheel traction pads, empty gas can, siphon hose, energy bars, water, water filtration system, tarp, tool bag, lighter, first aid kit, first aid manual, tow rope, 12 volt LED light bar. Not shown: GPS, flares, rain coat, gloves, hat, towel, urinal, hand cranked flashlight, votive candle, hand sanitizer, empty water bottle, bags, and money.



I don't know about anyone else, but I'm calling Bill to come save me the next time there's an emergency! Thanks for sharing your kit with us, Bill, and thank you to everyone else who contributed as well. Stay tuned for our next contest!

GET INVOLVED

Want to be in the next issue?

Would you or your organization like to be featured in the next issue of The Call? We are always interested in hearing stories of how individuals and organizations are out there changing the world!

Email Alyssa.Borchelt@sema.dps.mo.gov with article suggestions.

Show-Me Response stands ready to assist you with volunteer management and training!

Please contact Pat Curtis or Alyssa Borchelt with your suggestions and requests.

Pat: 573-522-8637

Patricia.curtis@sema.dps.mo.gov



Upcoming Conferences

PREPAREDNESS
SUMMIT

March 26-29 | St. Louis, MO
2019

THE
Evolving Threat
Environment

Registration is now open for the 2019 Preparedness Summit! **Save \$100 by registering before Feb. 8, 2019.** The summit will take place March 26-29 at America's Center Convention Complex (St. Louis Convention Center) in St. Louis, Mo. This year's theme is "Preparedness Summit 2019: The Evolving Threat Environment."

<http://www.preparednesssummit.org/home>

2020 National CERT Conference



VISION FOR THE FUTURE

Missouri - Summer 2020

www.2020nationalCERTConference.com



Hope everyone had a wonderful holiday season!

2019

HAPPY NEW YEAR!